

The Wellstreet Journal

Vol. 8

Los Alamos National Laboratory

March 1998

Wellness Center and Positive Health Directions

National Poison Prevention Week March 15-21

Most Poisonings are Preventable

Children are the most common victims of poisoning caused by ingestion of harmful substances: medications, insecticides, caustic cleaners, organic solvents, fuels, furniture polishes, antifreezes, and drain cleaners. Keep these products out of the reach of children, locked up, and in the original container. If a poisoning accident does occur, *Don't Panic*. Identify the poison. If victim is unconscious rush him/her to the emergency room, if conscious call:

Poison Control Center (PCC) 1-800-432-6866

All cases of poisoning require professional help!

Medication:

Syrup of Ipecac – used to induce vomiting

USE when poison is a plant or drug

DON'T USE when poison swallowed is a petroleum-based compound (i.e. kerosene or gasoline) or a strong acid or alkaline solution.

Consult your medical self-care guide "Take Care of Yourself" for more information.

Celebrate National Nutrition Month

by registering for the Wellness Center's special nutrition incentive program. ffp (fun, food, prizes!). The national theme for 1998 is *Make Nutrition Come Alive ... It's All About You*. (You always knew one size *doesn't* fit all, right?) To register, call the Wellness Center at 667-7166 –or– print a Registration Form from the Wellness Center home page and fax the completed form (Class: Nutrition Month) to 665-6140. Everyone is welcome to participate. The registration packet includes some free gifts and lots of great tips.

- ✦ Healthy eating helps you get the most out of life. Personalized nutrition is about matching your food choices to your lifestyle and individual requirements.
- ✦ Enjoy your steak twice as much. Eat half in the restaurant and take the rest home to enjoy the next day.

✦ Surfin' – the American Dietetic Association web site <http://www.eatright.org> is a great resource for accurate nutrition information. There you'll find "Tips for Today" and "Nutrition Fact Sheets", as well as valuable phone numbers. (For food and nutrition messages in English & Spanish, call 800/366-1655.)

Stress Buster

When was the last time you stopped the endless march of life's details to enjoy just being? In the video Humor, Risk & Change shown in the ESH-2 Stress Proofing classes, participants are reminded of a quote by a famous Chinese philosopher who once said that the sign of a truly successful person is someone who can sit on the bank of a river all day and do absolutely nothing. It may seem strange to plan a few moments everyday to do absolutely nothing. Exercising & relaxing the mind, just like physical exercise, are habits worth developing.

In the Kitchen

This month's recipe is child's play! Kids enjoy making and eating these easy snacks, and they're a welcome alternative to store-bought sweets.

Goodie Balls

Combine ½ cup peanut or other nut butter, ½ cup honey, ½ cup cocoa powder, 1 cup toasted wheat germ and 1 ¼ cup mixed chopped nuts and seeds (try half peanuts and half roasted sunflower seeds). Form into balls and roll in wheat germ or crushed cereal. Store in the refrigerator.

Health Happenings Calendar

March ... National Nutrition Month, National Poison Prevention Week 15-21

April ... Cancer Control Month

May ... Health Fest '98 & National Employee Health & Fitness Week 18-22, Relay for Life

At the Wellness Center, there is still room in a variety of exercise and health promotion classes. Look for the Spring class schedule after March 20.

Registration forms and class brochures are available at the Wellness Center, Otowi lobby or online.
This March ...

- ❖ Mariposa: Women in Change. A four week lunch-time program that will explore women's wellness issues in mid-life. Begins Tuesday March 10.
- ❖ Stress Proofing will be held from 9AM-3:30PM on March 20.
- ❖ Stretch & Relax. Improve muscle tone, flexibility, balance and posture in a specialty class that meets at 4:30AM through March 25.

LOS ALAMOS RELAY FOR LIFE

Presented by the American Cancer Society. The relay is an 18-hour team event to celebrate life and honor cancer survivors.

When: Sat. Noon May 23 – Sun. 6AM May 24, 1998

Where: Ashley Pond, Los Alamos, New Mexico

Why: To help raise funds to find a cure for Cancer Teams of 8-15 people will walk, skip, or run around Ashley Pond for 30-minute shifts throughout the event. **Team Captains Wanted!**

If you would like to lead a team in the fight against Cancer attend an informational meeting on Tuesday March 3, 1998 from 11:30AM-1PM in Otowi Sideroom A or call Chuck Pacheco 667-1217 or The American Cancer Society 988-5548.

Nominations for Healthy Living

Keep the nominations coming! It's rewarding for the nominated individual, and motivating for others.

The Merrick Wellness Quest team continues to maintain their Quest commitment. Terrill Lemke, Carla Gustafson, Al Medendorp, Ellen Fox, David Munger, Dave Mays and Joan Ellard will all finish the third quarter meeting their personal goals. Input from the participants indicates that the Quest program has encouraged the setting of short term goals, provided the motivation to achieve them, and the visualization of goal completion with the Quest log.
Nomination from Joan Ellard, Merrick

Note: **Wellness Quest** is a year-long program to encourage the Laboratory workforce to become more aware of the benefits of Health and Fitness. Call 667-7166 for information on joining.

* * *

Tony Montoya has been dedicated to regular exercise for the past 14 years. Preferring early morning workouts, Tony consistently arrives at the Wellness Center when the doors open at 5:30AM. He participates in either the 6:15AM STEP and Conditioning class or completes his weight training

routine. Tony is enthusiastic and always ready to make new class participants feel welcome.
Nomination from Gina Koehler, ESH-2

Please send your nominations with a brief script to wsj@lanl.gov

Positive Health Directions - Update

HEALTH CONNECTION

Mayo Clinic Nurse and Health Information Hotline

- Now available to all LANL employees enrolled in one of the University health care plans. Employees should have received a home mailing from the Mayo Clinic with details about the service. If you did not receive this information or accidentally discarded the envelope please call 1-888-823-2633 between 7AM and 4PM to request additional materials.
- Survey Results
In January 1998 an e-mail survey was sent out to the 2594 LANL employees who participated in the pilot phase of this service (September – December 1997). Response rate was 21.5%. Listed below is a summary of the results. For a review of all the survey results please access the Positive Health Directions home page.
 1. 19% of the pilot group called the service.
 2. The top reason for calling was to "obtain advice on how to take care of self or family member."
 3. Of those who called the service, over 90% rated the following three areas from good to excellent: speed in which the line was answered, courtesy of the nurse and clarity of the information received.
 4. Most of the callers (65%) followed all of the nurse's advice, 28% followed part of advice.
 5. The value of Health Connection as an addition to the benefits package was ranked as good to excellent by nearly 70% of the respondents.

The Wellstreet Journal is a quarterly publication of Positive Health Directions (HR-1) and the Wellness Center (ESH-2). Comments can be sent to wsj@lanl.gov or Marta Gentry Munger 667-7166 or Jessica Kisiel 665-4368.

Positive Health Directions
http://www.hr.lanl.gov/html/positive_health/
Wellness Center <http://drambuie.lanl.gov/~wellness>